









# Farmington Area Public Schools

## EMBEDDING LITERACY CURRICULUM IN PHYSICAL EDUCATION CLASSES

In Farmington, Minnesota, staff implemented a Literacy Physical Education (LitPE) curriculum that incorporates cognitive challenges into physical activities and games, which was modeled after a successful study in Illinois. Farmington's three-year study at North Trail Elementary demonstrates significant academic results: students' literacy scores consistently improved at 3 to 5 times the national average and 2 to 3 times of their school and district peers. Student academic progress was measured with the Northwest Evaluation Association (NWEA) MAP (Measures of Academic Progress) test in reading and language usage.



EVERY EFFORT SHOULD BE MADE TO ADD MEANINGFUL PHYSICAL ACTIVITY TO EACH STUDENT'S DAY. EXPERTS AGREE THAT SCHOOLS ARE AN EXCELLENT POINT OF INTERVENTION WHEN ADDRESSING NATIONAL HEALTH ISSUES.



**JACK OLWELL, FARMINGTON PHYSICAL EDUCATION TEACHER**

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